

 Self-Confidence and Peak Performance - Based on the Best-Selling Book “The Confidence Factor” – two tapes, 56 minutes and 58 minutes, and booklet

Don't handicap yourself with poor self-esteem. Learn practical step-by-step techniques for building your self-assurance. Be happier and more satisfied with your life. Stop wishing and start doing all the things you want to do. This video program will help you reach higher levels of self-assurance, improve your self-image and unleash your personal potential. Achieve your dreams!

See the World as highly accomplished women do!

You'll learn:

- The 10 commandments of confidence
- To be more confident at your job
- The 4 steps of self-acceptance
- A 30-day confidence-building plan
- How to build stronger, more successful relationships
- How to develop your personalized action plan